

Classic Caregiver Concerns and What To Do

Are visits to the doctor's office confusing or disappointing? Do you wonder when you should speak up to get help for your loved one? Are you burning out as a caregiver? These and other related topics will be covered. Caregivers will be given the opportunity to take a brief "Caregiver Burden Assessment" to determine if local services and programs may be of benefit. *Miriam Callahan, M.A. & Lisa Rood from the Erie County Department of Senior Services Caregiver Resource Center*

It's the Law — What Caregivers Need To Know

Learn about: Paying for Long Term Care; Long Term Care Insurance; Medicare Part D; Advance Directives (Health Care Proxy, Living Wills) and HIIPA

Bruce Reinoso, Esq., handles elder, estate, trust and health care law for Macgavern, Macgavern, & Grimm LLP

The Erie County Caregiver Coalition is comprised of local organizations and businesses dedicated to assisting family caregivers.

*Thank you
to the generous sponsors that made this
day possible!*

*Erie County Caregiver Coalition
Kaleida Health Geriatric
Ambulatory Program
The McGuire Group*

To register for this free day of
workshops contact the
Caregiver Resource Center at:

(716) 858-2177

or

E-mail: caregiver@erie.gov

Space is limited, registration is required. Supervision for memory impaired adult care recipients is also available; please inquire when making your reservation.

For more information and assistance in
Erie County please contact:

**Erie County Department of
Senior Services
Caregiver Resource Center
95 Franklin St.— 13th Floor
Buffalo, NY 14202
(716) 858-8526**



**Caregivers:
This Day Is
For You!**

**October 15, 2005
8:30 am — 3:00 pm**

**Michael's Banquet Facility
4885 Southwestern Blvd.
Hamburg**

Hosted by:
**Kaleida Health Geriatric
Ambulatory Program
and
Erie County Caregiver Coalition**

Schedule of Events

8:30 AM Sign In & Visit Resource Tables

Enjoy complimentary coffee and donuts. Throughout the day visit the Resource Fair in the lobby & enjoy a caregiver pampering massage, paraffin dip or salt rub upstairs.

9:00 AM Welcome - Miriam Callahan: Erie County Caregiver Coalition

Seven workshops will be offered in addition to Dr. Garbarino's presentation during lunch from 11:45 am—1:05 pm. Please choose five that you would like to attend. Check the attached schedule for times offered and the room that you will find each in. Please use the time allotted between workshops to visit the resource tables.

Lunchtime Speaker:

11:45am — 1:05pm

Dr. Kenneth Garbarino
Kaleida Health Geriatric Program

Caregivers often have questions about what normal aging is and what isn't. They struggle with how to best care for their loved one, hoping they're making the right decisions. Join Dr. Kenneth Garbarino as he explores how caregivers can better deal with the stresses and concerns of caregiving.

WORKSHOP TITLES

Stressed? Frustrated? Overwhelmed? Yes, You Can Deal With It!

Learn how to identify and use "satisfaction skills" (awareness, affirmation, assertiveness and acceptance) to reduce stress and guilt and improve communication. Consider how spirituality, combined with emotional and physical health, can lead to total wellness. *Tom DeLoughry, EdD., Kathy DeLoughry, M.S. Dr. DeLoughry, is Director of the Center of Renewal at Stella Niagara and has directed wellness and disease management programs for Independent Health. Kathy DeLoughry is Director of training for the Center for Health Management.*

Activities for Your Loved One at Home

Think creatively and find activities to meet the needs of your loved one with dementia. Among other things activities should: compensate for lost abilities, maintain residual skills while not involving new learning and provide an opportunity for enjoyment and social contact. *Nancy Cassick, Therapeutic Task Director, Harris Hill Nursing Facility*

The "How To's" of Personal Care

Caregivers often find themselves need-

ing to provide hands on personal care without any prior training or helpful hints. Become familiar with the right ways to help your loved one with bathing, dressing and toileting. *Judy Midzinski, Program Director, McGuire Care Center*

Dealing with Challenging Behaviors

Learn how to deal with unpredictable behavior, irritability, and verbal or physical aggression. This seminar will aid in identifying problem behaviors and offer useful techniques, as well as information on medications, to avoid or reduce problem behaviors.

Donald McDonald MD, Assist. Prof. of Clinical Medicine, Division of Geriatrics, University of Buffalo and Medical Dir. of Geriatrics and Extended Care, VAMH

Home Safety Tips for Caregivers

This highly interactive seminar will address three aspects of home safety: home environmental modifications to reduce risk; emergency alerting systems; and transfer techniques and mobility issues in the home, including strategies to take when a loved one falls. Common assistive device products will be available for participants to review and ask questions. *Occupational and Physical Therapists from SUNY at Buffalo's Occupational & Physical Therapy.*

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Although there is no charge for this Workshop & Resource Day, registration is required. To register please call:

(716) 858-2177
or e-mail
caregiver@erie.gov

Workshop topics include:

- Stressed? Frustrated? Overwhelmed? Yes, You Can Deal With It!
- Assisting With Personal Care & Using Special Equipment
- Classic Caregiver Concerns & What To Do
- Dealing With Challenging Behaviors
- It's The Law—What You Need To Know
- The How To's of Personal Care
- Activities for Loved Ones With Dementia
- Resource Tables with Local Vendors

***Hosted by:* Erie County Caregiver Coalition and
Kaleida Health Geriatric Ambulatory Program**